

PRIMETIME FUN

Activities for the Mature Adult Lifestyle



Fun and Fitness!

- **Yoga**
- **Fitness Rooms**
- **Zumba Gold**
- **Aqua Exercise**
- **Personal Trainers**

Health & Wellness Expo
Friday, April 24, 2009
9 am-1 pm at the Senior
Recreation Center Eunice



Spring/Summer
January -June 2009
www.naturallyfun.org



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HANDITRAN

Handitran is a transportation service for seniors and citizens with disabilities. Call 817-459-5390 for rates and information or 817-275-3704 to schedule a ride. Available to qualifying Arlington or Pantego residents.

FACILITY CARDS

Facility Cards are required for participation in all classes and programs at recreation centers. Cards are issued at the time of purchase and are valid for one year.

Senior (55 & up): .. Resident \$12.... Non-Resident \$20

Adult (18-54): Resident \$14 .. Non-Resident \$32

NOTE: Resident includes anyone who lives within Arlington's incorporated City limits. Proof of residency is required.

REFUNDS

Please be advised that if a class, program or trip is cancelled due to lack of enrollment or other reasons, a full refund or account credit will be issued. No refunds will be given for withdrawals made after the sign-up deadline or for no-shows.

SENIOR CENTER HOURS

New York: Monday through Friday 8:30 am - 4:00 pm

Eunice: Monday, Thursday, Friday 8:30 am - 10:00 pm
Tuesday, Wednesday 8:30 am - 5:00 pm

Special programs occur during evening hours. Please contact either senior center for more information.

Senior Recreation Center Eunice (SRCE)
Senior Recreation Center New York (SRCNY)

STAFF

James Turner Senior Facility Manager
Sheila Williamson Program Coordinator
Alvin Moore Event Service Aid
Lonzetta Hill..... Customer Service Rep.

TO REGISTER

All programs require advance registration. You may register by phone or by visiting any recreation center. Checks should be made payable to City of Arlington. A charge will be assessed on all returned checks. Phone registrations are by credit card only.

Senior Recreation Center Eunice (SRCE)

1000 Eunice St. 817-277-8091

Senior Recreation Center New York (SRCNY)

2015 Craig Hanking Drive 817-460-5009

Parks Department Main Office

717 W. Main St. 817-459-5474

Hugh Smith Recreation Center

1815 New York Ave. 817-275-1351

Hugh Smith Indoor Pool..... 817-275-0513

Dottie Lynn Recreation Center

3200 Norwood Lane 817-277-5001

Cliff Nelson Recreation Center

4600 W. Bardin Road 817-561-2819

Elzie Odom Recreation Center

1601 NE Green Oaks Blvd. 817-459-6434

Meadowbrook Recreation Center

1400 Dugan St. 817-459-5463

www.naturallyfun.org

All classes and activities are open to individuals ages 50 and up.

Additional Facilities Available For Rental:

Lake Arlington Activity Room

6300 W. Arkansas Ln. 817-459-5473

Bob Duncan Center

2800 S. Center St. 817-465-6661

SATISFACTION GUARANTEED!

If you are not happy with the quality of a program, please tell staff immediately. Give us the opportunity to correct the situation or credit your account for an activity at a later date. We value you as a customer!

RENT THE SENIOR CENTERS

FEES AND TIMES MAY VARY.
Police officers may be required for certain rental activities.



SENIOR RECREATION CENTER EUNICE
1000 Eunice St, Arlington,
TX 76010 817-277-8091



SENIOR RECREATION CENTER NEW YORK
2015 Craig Hankin Dr., Arlington,
TX 76010 817-460-5009

- Churches
- Clubs
- Parties
- Retirements
- Graduations
- Reunions
- Meetings
- Weddings
- Anniversaries
- Celebrations

Call the Senior Centers or visit www.naturallyfun.org for more information.

FOR A VARIETY OF REASONS

A great place for seniors!

Collection materials including books, movies, music, newspapers, magazines, and more

Special events for adults, such as the Adult Summer Reading Club, author visits, and book clubs

Genealogy resources including census, city, county, and cemetery records plus classes on researching family origins on the Internet

Income tax preparation help provided to seniors by AARP volunteers, beginning each February

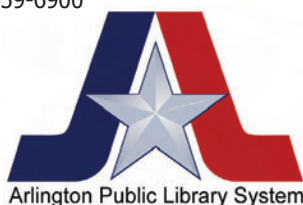
Volunteer opportunities at all locations to prepare new books, shelve books, and help with programs



www.arlingtonlibrary.org

Library locations:

George W. Hawkes Central Library 817-459-6900
East Arlington Branch 817-275-3321
Lake Arlington Branch 817-478-3762
Northeast Branch 817-277-5573
Southeast Branch 817-459-6395
Southwest Branch 817-459-6386
Woodland West Branch 817-277-5265



Coming Soon!

The Arlington Parks and Recreation Department and Arlington Libraries proudly present Passport Arlington!



With a passport you will be able to explore all that Arlington has to offer and collect stamps along the way.

When your passport is filled with stamps, you can redeem it for great prizes and discounts!

To get more information on the Passport Arlington program, call 817-459-5474 or visit www.naturallyfun.org.

DROP-IN ACTIVITIES

SUPPER CLUB

Dine at various locations around Arlington. Check monthly senior center calendars for complete list of restaurants. RSVP to SRCNY.

Cost: Meal on your own
Location: Various
Day/Time: 2nd Tue each month
5 pm at restaurant location

HELPING HANDS FOOD PANTRY

Join the Prime Time lunch group five times within a month and you can sign up to receive groceries. Spaces are limited and first come, first served.

Cost: Free
Location: SRCNY
Day/Time: 2nd Fri 11:30 am

SENIOR MOVIES

What better way to spend the morning than sitting back and enjoying a bag of popcorn and a nice cold drink while watching a great movie? Check monthly calendars to see what's showing.

Cost: Free
Location: SRCNY
Day/Time: 1st Fri of every month
9:30-11:30 am

GAMES

Crave a little competition? Join us for some fellowship while playing games.

Cost: Free
Location: SRCNY
Day/Time: Tue 10:00 am-4:00 pm

BILLIARDS AT SRCE

Did you know the Game Room at SRCE has a freshly covered billiards table? Bring a friend and enjoy a game!

Cost: Free
Location: SRCE
Day/Time: Mon-Fri 8:30 am-5:00 pm

DARTS AT SRCNY

Check out our dart boards featuring digital scorekeeping, voice instructions and soft-tipped darts.

Cost: Free
Location: SRCNY
Day/Time: Mon-Fri 7:30 am-4:00 pm



ADVANCED/COMPETITIVE BRIDGE

Come play cards and socialize with some of the best people in the metroplex.

Cost: Free
Location: SRCE
Day/Time: Mon/Tue/Wed/Fri
1:00-3:30 pm

BEGINNER/RECREATIONAL BRIDGE

This class is a recreational bridge class for beginners to learn how to play.

Cost: Free
Location: SRCE
Day/Time: Thurs 1:00-3:30 pm

SENIOR GAMES NIGHT

Join us for an evening of Dominoes, Pinochle, Canasta, Bridge, Cribbage and many other games. Bring snacks to share. Coffee is provided.

Cost: Free
Location: SRCE
Day/Time: Mon/Thur
5:30-9:30 pm

SENIOR SUPER BINGO

Bring non perishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Cost: Free
Location: SRCNY
Day/Time: 3rd Fri of every month
10:00-11:30 am

SENIOR BINGO IN THE AFTERNOON

Bring non perishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Cost: Free
Location: SRCNY
Day/Time: 1st Tue each month, 3-5 pm
Jan 6, Feb 3, Mar 3, Apr 7, May 5

VOLUNTEER PROGRAM

Are you looking for a great way to spend your time and give back to your community?

Then join the Parks & Recreation Senior Volunteer Program!

We are looking for volunteers to assist with some of the following programs:

Prime Time Lunch, Bingo, Dances, Special Events, Birthday Parties and Welcome Committee. For more information call SRCE at 817-277-8091 or SRCNY at 817-460-5009.

SENIOR PRIME TIME

LUNCH — Looking for a great place to socialize while enjoying a healthy lunch? Senior Citizen Services provides lunch to persons 60+ years of age and their spouse. Reservations are required by noon at least one day in advance - call 817-460-5009.

Cost: \$2 donation appreciated
Location: SRCNY
Day/Time: Mon-Fri 11:30 am



NOTE: Lunch will not be served: Jan 1, Jan 19, Feb 16, Apr 10, Apr 12, May 25.

COMPUTER CLASSES

INTRO TO PC

If you have never touched a computer, don't worry - you are in the right place! Have fun and get hands-on training in the basics of computing and Windows XP. Start by gaining an understanding of how your computer works. Learn to use a keyboard, a mouse and how to make your computer do what you want it to do!

Cost: \$35/month

Location: SRCE

Day/Time: Mon/Wed 1:30-3 pm



Computer Lab

Available at both senior centers when classes are not in session. Check centers for details.

INTERNET 101

Want to explore the World Wide Web? Wonder what is the Internet? Then this course is for you! We'll start by introducing the Internet and then you'll begin your journey through one of the most widely used methods of communication in the world. Instruction is provided in a fun, slow-paced atmosphere. Learn how to search for information, look up a local business online, get directions and set up an e-mail so that you can exchange messages, pictures and more with friends and family. Even if you do not own a computer this course will help you to use the Internet wherever one is available for you to use.

Prerequisite: Intro to PC class or basic computer skills

Cost: \$35/month

Location: SRCE

Day/Time: Mon/Wed 3:15-4:45 pm

EDUCATION SESSIONS

Come listen as representatives from community organizations present **FREE** educational materials targeted for the mature adult. Check monthly calendars for additional topics.

Are You Spending Too Much Time in the Bathroom?

Presented by The Senior Network

Location: SRCNY

Day/Time: Jan 27, 12:30 – 1:30 pm

Home and Personal Safety

Presented by the Arlington Police Dept.

Location: SRCNY

Day/Time: Feb 5, 10 - 11 am

How to Talk to Your Doctor

Presented by Tarrant County Public Health

Location: SRCNY

Day/Time: Mar 12, 10 - 11 am

Location: SRCE

55 Alive

Date: 1st
Thur & Fri
each month

Time: 1-5 pm

Need a discount on your auto insurance? You can save up to 10 percent depending on your insurance carrier. Books, videos and participant interaction make class go by quickly! \$10 fee is payable to AARP. Additional administrative fee is \$2 for facility members and \$5 for non-members.

Register for FUN online!

The Arlington Parks and Recreation Department now offers online registration for classes, programs and special events!

Just visit www.naturallyfun.org to find out more about online registration or call 817-459-5474.



Q & A on Reverse Mortgages

Presented by Wells Fargo

Location: SRCNY

Day/Time: Apr 16, 10 - 11 am

Living with Arthritis

Presented by Hand and Upper Extremity Rehabilitation

Location: SRCNY

Day/Time: May 28, 10 - 11 am

Grace Under Fire: Practical Tips for Care Givers

Presented by Alzheimer's Association

Location: SRCNY

Day/Time: Jun 11, 10 - 11 am

TRIPS

All trips are on a charter motor coach or City vehicle.

CASINO TRIPS

Visit area Casinos, receive an assortment of gaming packages upon arrival.

Time: 7 am-8 pm

Dates: Jan 21 - Winstar (SRCNY) \$10, March 17 - Choctaw (SRCE) \$10, May 19 - Shreveport (SRCNY) \$15

WINTER BREAK IN LAUGHLIN, NV

Cost: \$369 (double occupancy)

Location: Depart from SRCE

Date: January 9-12

GRANBURY ON THE SQUARE SHOPPING AND HISTORICAL TROLLEY TOUR

Cost: \$20

Location: Depart from SRCE

Time: 8:30 am

Date: January 29

FT. WORTH MUSEUM OF SCIENCE AND HISTORY AND NATIONAL COWGIRL MUSEUM

Cost: \$25

Location: Depart from SRCNY

Time: 9:00 am

Date: February 10

CANTON TRADE DAYS

Cost: \$15

Location: Depart from SRCE

Time: 8:00 am

Date: February 26

TEXAS RANGERS MUSEUM & DR. PEPPER MUSEUM

Cost: \$20

Location: Depart from SRCNY

Time: 8:00 am

Date: March 12



IKEA AND STONE BRIER MALL SHOPPING TRIP

Cost: \$10

Location: Depart from SRCE

Time: 9:00 am

Date: March 26

DALLAS BLOOMS

Cost: \$17

Location: Depart from SRCNY

Time: 9:00 am

Date: April 7

KING TUT AT DALLAS MUSEUM OF ART

Cost: \$35

Location: Depart from SRCE

Time: 9:30 am

Date: April 9

FORT WORTH MAIN STREET ARTS FESTIVAL

Cost: \$15

Location: Depart from SRCNY

Time: 10:00 am

Date: April 17

BRANSON SHOW TRIP

Cost: \$569 (double occupancy)

Location: Depart from SRCE

Date: May 11-15

THE GOSPEL QUEEN AT JUBILEE THEATER

Cost: \$18

Location: Depart from SRCNY

Time: 5:00 pm

Date: May 21

MINERAL WELLS CRAZY WATER AND OLD JAIL MUSEUM

Cost: \$15

Location: Depart from SRCE

Time: 9:00 am

Date: June 3

BASS PRO SHOP

Cost: \$10

Location: Depart from SRCNY

Time: 9:00 am

Date: June 11

BIG RIVER AT THEATER ARLINGTON

Cost: \$25

Location: Depart from SRCE

Time: 6:45 pm

Date: June 25



RED HAT SOCIETY: 2009 Day Dreamer Trips

- Gloria's Restaurant
Jan 21, 11 am, 2009

- Café 'n Chocolate
Feb 18, 11 am, 2009

- Cheesecake Factory
Mar 18, 11 am, 2009

- Train to Reunion Tower
Apr 15, 9 am, 2009

- Wax Museum
May 20, 9:30 am, 2009

- Mega Buffet
Jun 17, 11 am, 2009

The Arlington Day Dreamers chapter believes silliness provides comic relief for life, and we enjoy monthly outings or social events around the Metroplex and at the Senior Centers. The ladies can always be seen wearing red hats and purple ensembles as they keep up the spirit of the Red Hat Society.

Cost: \$10

Location: Depart from SRCE

Time: Generally 11 am

Day: 3rd Wed each month



DESTINATION TRAVEL

Join us for...

WINTER BREAK 2009



in Laughlin, Nevada!

Jan. 9-12, 2009

(four days, three nights)

Single Room: \$424 / Double Room: \$369

Deposit of \$75 due asap,
final payment due by December 23, 2008.

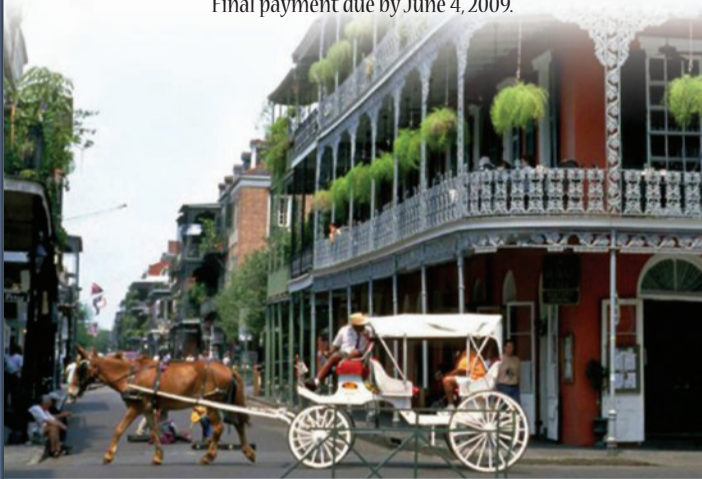
Includes: Hotel accommodations, airfare, transfers, and all
Winter Break activities, (meals not Included).



August 10 - 14, 2009 (five days, four nights)

New Orleans

Double Room \$495. Includes 8 meals, all entry fees, transportation,
hotel, and baggage handling. Deposit of \$75 due by May 29, 2009.
Final payment due by June 4, 2009.



**Call Senior Center Eunice at 817-277-8091 or
visit www.grouptrips.com/arlingtonsenior for
more information on any Destination Travel trip**

Mediterranean Cruise



(Barcelona, Spain
Cannes, France
Portofino, Italy
Florence/Pisa (Livorno), Italy
Rome (Civitavecchia), Italy
Naples/Capri, Italy
Barcelona, Spain)

November 7-14, 2009 (8 days and 7 nights)

Inside Cabin is \$2446, Ocean View Cabin is \$2706, Balcony Cabin is \$2996
Deposit of \$250 due by June 1, 2009, final payment due by August 7, 2009.

Includes: Round trip transfers to the airport, roundtrip airfare, all meals
while on board the ship, taxes, and port charges. (Not Included: fuel
surcharge, excursions, and meals while in route or off the ship)



BRANSON SHOW TRIP



**MAY 11-15, 2009
(FIVE DAYS, FOUR NIGHTS)**

DOUBLE ROOM \$569.

INCLUDES 8 MEALS, ALL 7 SHOW TICKETS, HOTEL,
TRANSPORTATION, BAGGAGE HANDLING.

DEPOSIT OF \$75 DUE BY FEBRUARY 20, 2009.

FINAL PAYMENT DUE BY MARCH 8, 2009

SENIOR RECREATION CENTER EUNICE

monthly calendar of programs and classes

Facility card required

Starts:	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 am	★ Yoga		★ Yoga		
	★ Craft Club				
9:00 am	NARFE Mtg. (3rd Mon)				
9:30 am	★ Exercise	★ Zumba Gold		★ Exercise	★ Zumba Gold
9:45 am		Art Club \$10/month	★ Exercise		
10:00 am	★ Weight Room Class		Men's Club Meeting (2nd Wed)		
10:30 am			★ Weight Room Class		
10:45 am		★ Pilates			Care Givers (last Fri)
11:00 am				★ Pilates	
11:30 am	Ukulele Lesson				
12:30 pm	Ukulele Band				
1:00 pm	★ Watercolor Painting Bridge Adv/Comp	Bridge Adv/Comp	★ Oil Painting Bridge Adv/Comp	★ 55-Alive (1st Thur) Senior Men's Golf (1st Thur) Bridge Beg/Rec	★ 55-Alive (1st Fri) Bridge Adv/Comp
1:30 pm		★ Line Dance			
2:00 pm	Kitchen Band	Retired Teacher Assn. (3rd Tue)	★ CW Dance	OLE Timer Meeting (3rd Thur)	
3:00 pm			★ Ballroom Dance		
5:30 pm	Game Night ★ Step & Stretch			Game Night ★ Step & Stretch	
7:00 pm	Merry Rounders				★ Friday Night Dance
7:30 pm				Round Dance	

★ Prices included in class descriptions below.

BALLROOM DANCE LESSONS — Come and join us for an afternoon of social dancing. Learn different forms of dance including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango, Samba, Salsa and Merengue. \$10/month, Wed 3-4 pm

BRIDGE — See page 3.

Advanced/Competitive on Mon/Tue/Wed/Fri 1-3 pm; **Beginner/Recreational** Thur 1-3 pm.

CRAFT CLUB — Join this group to knit or crochet hats, blankets and booties for area charities. Our sponsor, National Semi Conductor, provides yarn and supplies as needed. Free. Mon 9:00 am-12:30 pm

COUNTRY AND WESTERN DANCE LESSONS — Come learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schottische, Texas Polka and line dances. \$10/month, Wed 2-3 pm

EXERCISE @ SRCE — Get in shape with this relaxing, highly effective workout designed to help reduce stress while working to rejuvenate and tone your muscles. \$10/month, Mon/Wed 9:45-10:30 am & Thur 9:30-10:15 am



FRIDAY NIGHT BAND DANCE — Live bands perform each week and theme dances occur frequently. Light refreshments served. \$5 per person, 7:00-9:30 pm

LINE DANCE — A step-by-step method for learning fun and dynamic line dances. \$1/class, Tue 1:30-3:00 pm

OIL PAINTING CLASS — Capture your favorite picture with paint. \$28/month, Wed 1-4 pm

PILATES — See page 9. \$10/month, Tue/Thur 11:00-11:45 am

SENIOR STEP & STRETCH — See page 9. \$10/month, Mon/Thur 5:30-6:15 pm

WATERCOLOR PAINTING CLASS — Control the flow of color with water and discover different looks by using a variety of papers and painting techniques. \$28/month, Mon 1-4 pm

WEIGHT ROOM CLASS — See page 9. \$10/month, Mon/Wed 10:30-11:15 am

Yoga Class — Diminish stress and bring your mind, body and soul together. You'll notice a difference in your breathing and the way you relax. \$10/month, Mon/Wed 8:45-9:30 am

Zumba Gold — See page 9. \$40/10 classes, Tue/Fri 9:30 - 10:15 am

SENIOR RECREATION CENTER NEW YORK

monthly calendar of programs and classes

Facility card required

Starts:	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Fitness Walking		Fitness Walking		Fitness Walking
8:30 am		★ Balanced Power		★ Balanced Power	
8:45 am	★ Strength Training		★ Strength Training		★ Strength Training
9:30 am					Senior Movies (1st Fri)
9:45 am	★ Tai Chi				★ Tai Chi
10:00 am	Parkinson's Support & Exercise	Games	Wednesday Dance	Stitch 'N Beads	Friday Super Bingo (3rd & 5th Fri) Birthday Parties (4th Fri)
10:30 am		Joyful Singing			
11:15 am			Blood Pressure (1st Wed)		
11:30 am	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation Food Pantry (2nd Fri)
2:00 pm				Parkinson's Support & Exercise	
3:00 pm		Afternoon Bingo (1st Tue)			
5:00 pm		Pot Luck Bingo (4th Tue)			

★ Prices included in class descriptions below.

BALANCED POWER — Hand weights and resistance bands are used to achieve endurance, strengthening, body alignment, coordination and deep stretching. \$10/month, Tue/Thur 8:30-9:15 am

SUPER BINGO — Bring nonperishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc. Free, every 3rd and 5th Fri 10:00-11:30 am

PARKINSON'S SUPPORT & EXERCISE — Class meets twice a week. Special program on the 2nd Monday each month. Free, Mon 10-11 am, Thur 2-3 pm

POT LUCK BINGO — Dinner starts at 5 pm; play Bingo after dessert! Bring a potluck dish and a non-perishable item valued at \$2 or less to be given as a prize. Free, 4th Tue (except Nov/Dec), 5-8 pm

SENIOR STITCH-N-BEADS — Get new ideas for gifts as well as items to sell. Work independently on your own crafts while socializing with others. Free, Thur 10:00-11:30 am

STRENGTH TRAINING — Incorporates light cardio with hand weights, exercise bands/poles and chairs. \$10/month, Mon/Wed/Fri 8:45-9:30 am

TAI CHI — The movement of Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements. \$12/month to attend either Mon or Fri class, \$20/month to attend both, 9:45-11:00 am



WEDNESDAY DANCE — Dance to Country Western, Big Band and your favorite hits. Our DJ spins the records while you enjoy line dancing, chair dancing and partner dancing. Great socialization! Free, Wed 10-11:30 am

Remember: consult your doctor before beginning any new exercise program.

EXERCISE

BALANCED POWER

Hand weights and resistance bands are used to achieve endurance, strengthening, body alignment, coordination and deep stretching.

Cost: \$10/month

Location: SRCNY

Day/Time: Tue/Thur 8:30-9:15 am



CARDIO @ CNRC

Senior Cardio at Cliff Nelson Recreation Center.

Cost: Fitness Plus Membership required

Location: CNRC

Day/Time: Mon/Wed/Fri 8:15-9:15 am

EXERCISE @ SRCE

A relaxing, effective workout helps to reduce stress, rejuvenate and tone your muscles. Low impact exercises help you get and stay in shape.

Cost: \$10/month

Location: SRCE

Day/Time: Mon/Wed 9:45-10:30 am,
Thu 9:30-10:15 am

PILATES

Focus on building your core strength and increasing stability. Each student should visit with the instructor regarding individual needs and limitations.

Cost: \$10/month

Location: SRCE

Day/Time: Tue/Thur 11:00-11:45 am

SENIOR EXERCISE @ DLRC

Group exercise class for seniors includes flexibility, balance and strength done to big band and swing music.

Cost: \$10/month

Location: Dottie Lynn Rec Center

Day/Time: Tue/Thur 8-9 am

STEP N STRETCH

Gain flexibility, strength and stamina! Bring your own exercise mat, hand weights and jump rope.

Cost: \$10/month

Location: SRCE

Day/Time: Mon/Thur 5:30-6:15 pm

STRENGTH TRAINING

Incorporates light cardio with hand weights, exercise bands/poles and chairs.

Cost: \$10/month

Location: SRCNY

Day/Time: Mon/Wed/Fri 8:45-9:30 am

STRENGTH TRAINING PLUS

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of class.

Cost: Fitness Plus Membership required

Location: CNRC

Day/Time: Mon/Wed/Fri 8:15-9:15 am



TAI CHI

The movement of Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements.

Cost: \$12/month either Mon or Fri class; \$20/month both

Location: SRCNY

Day/Time: Mon/Fri 9:45-11:00 am

WEIGHT ROOM CLASS

Learn how to use the exercise room at SRCE in a fun class setting: free weights, cardio equipment and proper use of the machines.

Cost: \$10/month

Location: SRCE

Day/Time: Mon/Wed 10:30-11:15 am

YOGA CLASS

Diminish stress and bring your mind, body and soul together. You'll notice a difference in your breathing and the way you relax.

Cost: \$10/month

Location: SRCE

Day/Time: Mon/Wed 8:45-9:30 am

ZUMBA GOLD

A fusion of Latin/International music and dance themes such as Meringue, Salsa, Cumbia, Reggaeton, Tango, Belly Dance, Flamenco, and much more! Fitness has never been so much fun!

Cost: \$40/10 classes

Location: SRCE

Day/Time: Tue/Fri 9:30-10:15 am

HEALTH AND WELLNESS

7th Annual Health & Wellness Expo

9 am – 1 pm on Friday, April 24, 2009
at the Senior Recreation Center Eunice

- Check your blood pressure
- Learn about herbs and vitamins
- Learn the latest in alternative healthcare options
- Look at retirement options
- Booths are available for rent, please call 817-277-8091 for more information



BLOOD PRESSURE CHECK

Free blood pressure checks are offered on the first and third come, first serve basis.

Cost: Free

Location: SRCNY

Day/Time: 1st & 3rd Wed of the month
11:15 am-12 pm

AQUA EXERCISE

Aqua Exercise Classes at Hugh Smith Indoor Pool

- **Aqua Exercise:** Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems. **Day/Time:** Mon/Wed: 8 am, 9 am, 7 pm; Tue/Thur: 6 pm; Fri 8 am, 9 am; Sat 8 am



- **Low Level Aqua Exercise:** Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems. **Day/Time:** Tue/Wed: 8 am. No babysitting available.

- **Deep Water Aqua Vest Exercise:** Includes deep water warm-up, serious aerobics, walking, jogging and cool down. Moderate to strenuous workout. Flotation belt provided. **Day/Time:** Tue/Thur: 7 pm

- **Arthritis Aqua Exercise:** Program taught by arthritis certified instructor and developed using Arthritis Foundation guidelines designed to maintain and increase joint mobility and reduce pain. You'll enjoy the group camaraderie as you play games and relax in 86 degree water. No babysitting available. **Day/Time:** Mon/Wed/Fri at 12:15 pm; Tue/Thur at 9 am

Lap Swim Fees

\$3.50 ages 12 & up with Facility Card
\$6 for guests with no Facility Card
\$85 annual swim pass ages 55 & up

Hugh Smith Indoor Pool & Lap Swim Schedule

(Facility Card required)

DAY	OPEN SWIM	LAP SWIM
Mon	10-11:30 am*	11:30 am-12:15 pm, 6-7 pm
Tue	10-11:30 am*	11:30 am-12:30 pm
Wed	10-11:30 am*	11:30 am-12:15 pm, 6-7 pm
Thur	10-11:30 am*	11:30 am-12:30 pm
Fri	10-11:30am* 6-8 pm**	11:30 am-12:15 pm
Sat	1-5 pm	5-6pm
Sun	3-5 pm	

*Adults and preschoolers with parents only

**Family night swim \$2.50 per person

AQUA EXERCISE FEES

1 class.....\$5 12 classes \$39
8 classes.....\$30 24 classes \$69
\$45 monthly unlimited land & water aerobic membership.

✓ Facility Card required.

✓ Aerobic membership valid for one year.

✓ Free babysitting (excluding Low Level Exercise and Arthritis Aqua Exercise).

Personal Trainer at SRCE

Want to learn how to safely use the weight room equipment? Need help with your current exercise routine? Sign up for a personal training session at \$15 an hour!

Call 817-277-8091

Weight Room Hours

SRCE: M/Thur/F 8:30 am-10:00 pm
Tu/W 8:30 am-5:00 pm

SRCNY: M-F 8:30 am-9:00 pm
(HSRC) Sat 9 am-6 pm

See page 7-8 calendars for all regularly scheduled exercise classes.

MEMBERSHIPS

SRCE

Weight Room Memberships

- \$12/month, \$60/6 months or \$120/annual memberships
- Matinee hour special Mon-Fri 1-3 pm only \$8 / month
- Day passes available.

HSRC, CNRC, DLRC

Fitness Memberships

- Weight Room Membership
\$15/mo or \$120/yr
- Fitness Plus Membership
\$30/mo
Includes access to all fitness classes and exercise equipment.
- Day passes available.



20% off yearly Fitness Plus Membership if purchased by January 16, 2009

DANCE

WEDNESDAY DANCE

Dance to Country Western, Big Band and your favorite hits. Our DJ spins the records while you enjoy line, chair and partner dancing. Great socializing!

Cost: Free
Location: SRCNY
Day/Time: Wed 10-11:30 am



LEVI'S AND LACE

Square dance your Saturday night away!

Cost: Contact SRC for info
Location: SRCE
Day/Time: 1st and 3rd Sat each month, 7-10 pm

SENIOR FRIDAY NIGHT BAND DANCE

Live bands perform each week, frequent theme dances. Light refreshments.

Cost: \$5
Location: SRCE
Day/Time: Fri 7-9:30 pm

see page 7

COUNTRY & WESTERN DANCE LESSONS

More information on page 7

BALLROOM DANCE LESSONS

More information on page 7

LINE DANCE LESSONS

More information on page 7

INTERMEDIATE LINE DANCE LESSONS

coming soon, check monthly calendars for details!



MUSIC

SENIOR JOYFUL SINGING

Sing along to your favorite old time and new hymns.

Cost: Free
Location: SRCNY
Day/Time: Tuesdays, 10:30-11:30 am



SENIOR UKULELE BAND

Hawaiian Music is relaxing and you can learn how to play it yourself on a ukulele! Join this group for fun and socialization. Free lessons before at 11:30 am.

Cost: Free
Location: SRCE
Day/Time: Mon 12:30-2:00 pm

SENIOR KITCHEN BAND

You'll be full of laughs and smiles as you join Arlington's very own kitchen band. Bring along a harmonizing voice and any kitchen bowl and spoon to bang around on.

This group performs for special events at the centers and in the area.

Cost: Free
Location: SRCE
Day/Time: 1st Monday each month, 2-4 pm

MUSIC 101 CLASS coming soon, check monthly calendars for details!

**Party on the Patio
 is Back in 2009
 With more great
 music, food and fun**

Ventana
 G R I L L E

A SCENE WORTH SAVORING

We invite you to enjoy a unique dining experience in a casual, comfortable setting surrounded by the beauty of Tierra Verde Golf Club.



**Serving breakfast,
 lunch and dinner
 Sunday Brunch
 served 10 am - 2 pm**

**Ventana Grille
 at the Tierra Verde Golf Club
 7005 Golf Club Drive, Arlington TX**

817.548.5047

www.ventanagrille.com

Open Sunday-Wednesday
 6:30 am-7 pm

Thursday-Sunday
 6:30 am-9 pm

Get Connected to the City... Sign up for the Citizen Notification System!

Want to receive important information on City services such as Police, Fire, Parks and Recreation, Water Utilities, Libraries and more? Then sign up for the Citizen Notification System!

The system is a FREE subscription e-mail service that allows you to receive timely information notices from the City of Arlington.



arlingtoncns.com

Register today at
www.arlingtoncns.com.

CELEBRATIONS

See monthly calendars at Senior Centers for other holiday celebrations.

Shades of Green

Come help us celebrate St. Patrick's Day! Light refreshments will be provided.

Cost: Free
Location: SRCNY
Day/Time: Mar 19,
10:00-11:30 am



SPRING PICNIC

Let's enjoy the spring weather at our backyard picnic tables. Bring along a friend to enjoy the grub!

Cost: Free
Location: SRCE
Day/Time: May 8,
11:30 am-1:00 pm

SENIOR VARIETY SHOW

Come enjoy an evening of fun at this year's Variety Show. Talent will range from musicians, dancers or a possible stand up comedian - no act is too small! Contact the Senior

Recreation Center to participate.

Cost: Free to attend
Location: SRCE
Day/Time: Tuesday, Feb. 17
7 - 9 pm



IS IT YOUR BIRTHDAY?

Join our Birthday celebrations every month at SRCNY.

Listen to fun music while playing games and enjoying cake and punch. Bring your friends and family too. It's free! Facility card is required.

Day: 4th Fri each month
Time: 10:00-11:30 am

ORGANIZATIONS

CAREGIVERS GROUP - Do you take care of a loved one? Come join our group to share ideas and socialize on the last Friday of the month at 11 am at SRCE.

NARFE - The National Association of Retired Federal Employees meets the 3rd Mon of each month, at 9 am at SRCE.

OLETIMER'S - Arlington natives meet on the 3rd Thur of each month at 2 pm at SRCE.

RSEA - Retired School Educators of Arlington meet on the 3rd Tue of each month at 2 pm at SRCE. (Does not meet June - August)

SENIOR MEN'S CLUB - Meetings are held on the 2nd Wed of each month at 10 am at SRCE.

SENIOR MEN'S GOLF - Meetings held the 1st and 5th Thur of each month at 1 pm at SRCE.

SENIOR ADVISORY BOARD

Join the Senior Advisory Board and help make great changes and raise money for the senior centers!

Meetings are held at 3:30 pm on the 2nd Wednesday each month.

Meeting locations alternate between SRCNY and SRCE, check monthly activity calendars.

Check out our Craft Club display cases!

at SRCE
and SRCNY



Enjoy a friendly game of chess at one of SRCE's new outdoor chess tables.

Game pieces are available for check-out at the front counter



Missing a piece to your advertising puzzle?



If so, our Primetime Fun Magazine could be the answer!

Naturally Fun



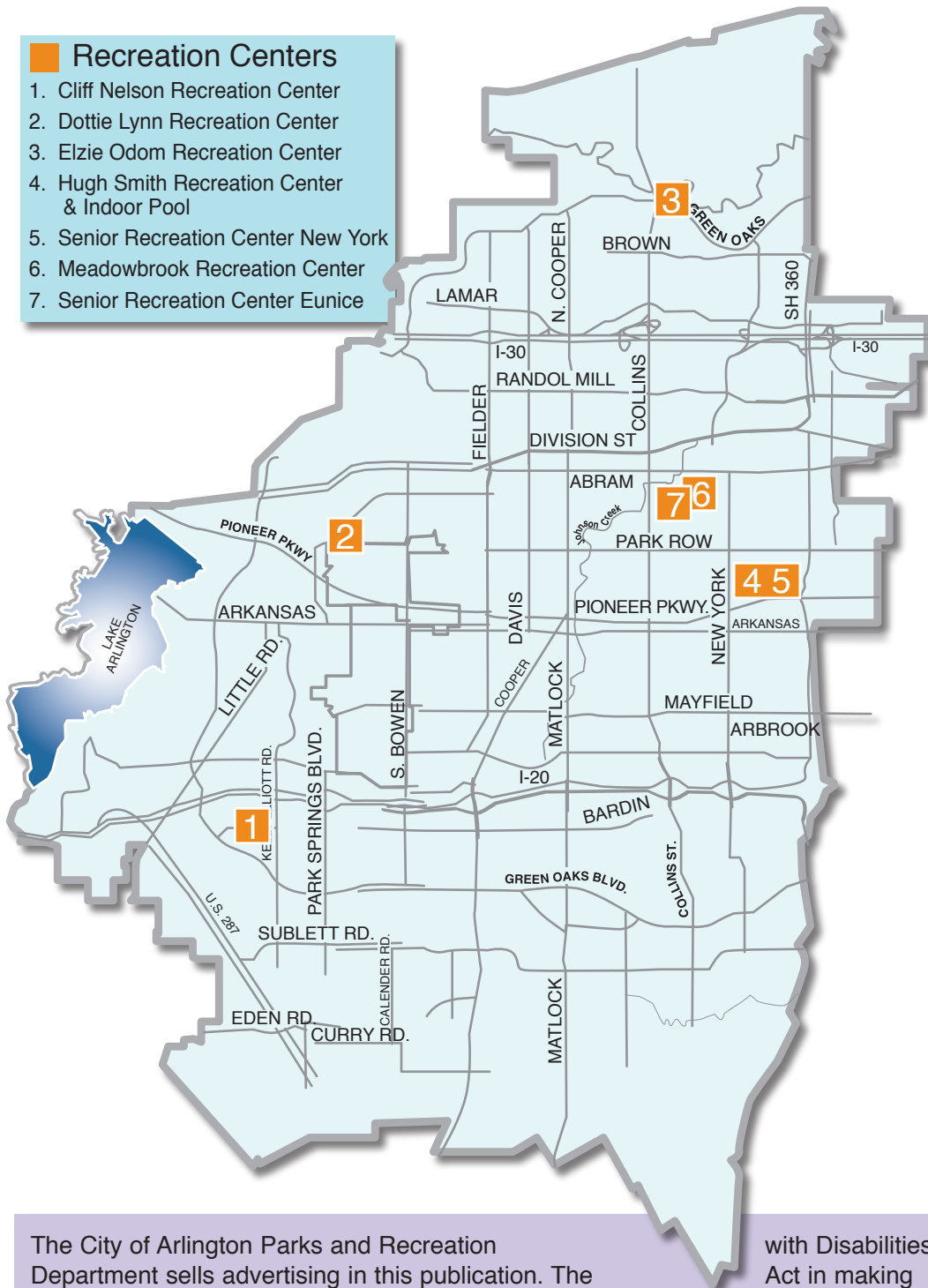
- 8,000 Primetime Fun magazines distributed two times per year
- Audience includes mature adults in Arlington and surrounding Metroplex
- Ad rates start as low as \$270 for a page banner

For more information on advertising with our Primetime Fun Magazine, contact Arlington Parks and Recreation at 817-459-6931 or visit www.naturallyfun.org.

FACILITY MAP

Recreation Centers

1. Cliff Nelson Recreation Center
2. Dottie Lynn Recreation Center
3. Elzie Odom Recreation Center
4. Hugh Smith Recreation Center & Indoor Pool
5. Senior Recreation Center New York
6. Meadowbrook Recreation Center
7. Senior Recreation Center Eunice



Smile!

You may be captured
by our camera!



The Parks and Recreation Department routinely takes photos and video of participants and visitors in our programs and facilities for promotional purposes.

Please be aware that by participating or utilizing our facility, you are granting the City of Arlington and its agents the right to use and publish your image or your minor children's image, and that no monetary remuneration will be given.

The City of Arlington Parks and Recreation Department sells advertising in this publication. The paid advertisements appearing in this publication do not indicate a connection, endorsement or official sanction by the City of Arlington of any practice, philosophy, standard, position, product or service of the advertisers.

The City of Arlington Parks and Recreation Department welcomes people of all ability levels to participate together in our wide variety of quality recreational opportunities. We will fully comply with the Americans

with Disabilities Act in making reasonable accommodations. Participants requesting special accommodations and/or adaptations must complete a Special Accommodations Request Form. If you would like to request special accommodations, please contact the Parks and Recreation Administrative Office at 817-459-5472.



7th Annual

Health & Wellness EXPO



9 am - 1 pm
Friday, April 24, 2009

Senior Recreation Center Eunice, 1000 Eunice St.

- Check your blood pressure
- Learn about herbs and vitamins
- Learn about the latest in alternative healthcare options
- Look at retirement options

For event or booth rental information, please call 817-277-8091

Facility Card/Weight Room Membership Discount!

Sign up or renew your facility card membership and receive \$2 off a weight room membership if you register the same day.

Expires 12/31/09

05-0100
City of Arlington Parks & Recreation
P.O. Box 90231
Arlington, TX 76004-3231

www.naturallyfun.org